



To Whom it may Concern

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Dear Sir, Madam,

In June 2009 Prof. Paula Barrett visited our department of Child and Adolescent Psychiatry, Erasmus University Rotterdam, the Netherlands, for a 5 days.

Prof Barrett was invited by the head of our department (prof. dr. F. Verhulst, child psychiatrist) and acted as a jury member in the PhD ceremony of dr. Jeroen Legerstee, Wednesday 17 June 2009 (PhD thesis: Toward an Optimal Treatment for anxiety childhood disorders'.

Thursday and Friday 18-19 June prof. Paula Barret, as a key-note speaker, attended our congress into Anxiety Disorders (Congress Called: Central focus on Treatment/ Behandeling Central). About 400 delegates attended this conference (all licensed /registered clinical/child psychologists and child psychiatrists). The keynote lecture (1 hour) of prof Barrett about prevention and treatment of childhood anxiety disorders.

Friday prof Barrett gave an 1.5 hour workshop on her FUN FRIENDS programme for preschoolers. Afterwards she had a meeting with prevention workers of the Netherlands largest prevention Centre CONTEXT, about implementing FRIENFS in the Netherlands (about 10 prevention workers attended this meeting)

We got very positive and enthusiastic reactions regarding the key-note and workshop of prof Barrett. Both her keynote lecture and workshop were received as clinically very relevant and inspiring.

Furthermore, during this visit, prof Paula Barrette attended in a meeting with international researchers from Finland and Rotterdam (amongst whom: dr. Ahti and dr. Tieminen for Finland, dr Utens Rotterdam) to discuss research matters as to developing and maintaining research projects and Finland and the Netherlands into the FRIENDS programme.

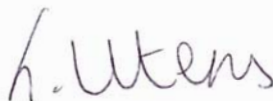
Finally she attended social meetings (PhD dinners and informal dinner with our principal investigators). During these informal meetings we also discussed research matters into childhood anxiety disorders.

By developing the FRIENDS for Life protocol (for resilience and anxiety prevention in children and youngsters) professor Paula Barrett -as a psychologist - has a substantial impact on the cognitive behavioural treatment and prevention of anxiety and depression in children and adolescents for child psychiatrists and psychologists in the Netherlands.

In a multicentered randomized controlled clinical trial the FRIENDS for Life protocol appeared to be efficacious and has been validated in a large sample of anxiety disordered children (Liber et al., J Child Psychol Psychiatry. 2008). FRIENDS for LIFE is now being used on an increasingly large national scale in elementary and secondary schools in the Netherlands.

Considering the above, in addition to all other international achievements of professor Paula Barrett, we are of the opinion that by developing FRIENDS, she has made a significant contribution to the field.

Yours Sincerely,



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